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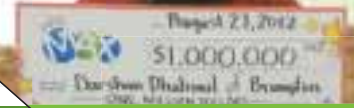
AS THE WORLD SERIES APPROACHES, TIGERS SLUGGER MIGUEL CABRERA INDULGES HIS LIGHTER SIDE PAGE 18



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The mayor strikes back

Accusations of misspending.

'Preliminary review' of records shows payment for son's wedding was above board, Joe Fontana says



ANGELA MULLINS
angela.mullins@metronews.ca

Mayor Joe Fontana is publicly disputing a media report that he used taxpayer dollars to cover the cost of his son's wedding in 2005.

"My preliminary review of the documents and financial statements currently available to me clearly indicates a personal payment made to the Marconi Club during

Quoted



"This is a serious matter. However, it will not impede nor affect my work as mayor of London. This remains my priority and chief obligation."

Mayor Joe Fontana in a media release

the time frame in question," Fontana said in a statement issued on Sunday afternoon.

Fontana started his review on Friday after a media report claimed government cheques paid the nearly \$20,000 tab at the club. Fontana was serving as the MP for London North

Centre in 2005.

Fontana said his request for documents cited in the report have been "refused" and that he has "contacted the appropriate institutions for copies of required material," the Sunday statement read.

He promised to keep the public informed as his investigation unfolds, noting that updates are being posted on his website, mayorfontana.ca.

In a statement issued on Friday, Fontana said he's "confident a thorough and fair review will clearly demonstrate all transactions were proper and valid."

"I will not respond to questions based on anonymous sources, rumours or speculation," the statement read. "I will deal with the facts and authenticated documents in a timely manner and with all due diligence."

Totally Oz-some

A top-five finalist on CBC's Over the Rainbow contest, London's Cassandra Hodgins could be the next Dorothy PAGE 4

Stealth politics

The Conservatives' new omnibus budget bill is putting the environment at risk, critics say PAGE 8

Lunch-box revolution

Is your kid sick of boring old sandwiches? Read how a chef injects fun and healthy choices into his son's lunch PAGE 14

COMING UP ROSES

Londoners Calvin Lodder, 18, right, and Taylor Stone, 17, pin satin roses to a tree on Sunday in Victoria Park. The roses were part of a Clarke Road Secondary School project challenging students to create installation art and spark discussion. Lodder and Stone are both students at the school. ANGELA MULLINS/METRO

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Lower water, sewer bills could be on tap

Funding model. Politicians to get first look at study on new rate structure



ANGELA MULLINS
angela.mullins@metronews.ca

Most homeowners would pay lower water and sewer bills if city council moves ahead with a new funding model proposed by a consulting firm.

The average residential customers — those using 120

to 200 cubic metres a year — would pay \$24 to \$30 less annually, representing savings between four and six per cent, according to a report from BMA Management Consulting.

Increases of anywhere from \$6 to \$13,330 a year would be on tap for most commercial, industrial and institutional properties. City staff will table BMA's study during a 4 p.m. Monday civic works committee meeting in council chambers.

"We have a water (and sewer) rate that keeps going up, seven and eight per cent year after year after year," said

Coun. Harold Usher, chairman of the committee. "We've got to get this down. We seem to be getting there a little bit sooner" under the proposal.

Administrators are recommending a series of council discussions and public meetings until Dec. 11, considered the ideal date for a council vote.

Officials have been trying to establish a new water- and sewer-rate structure for a number of years. The existing model has governed water rates for more than 20 years and sewer rates for 15.

A city report says the formu-

'The hump'

- **Humpback.** The proposed rate structure for water and sewer service aims to promote conservation and economic development through what's billed as a "humpback" approach.

- **Blocks.** The formula breaks ratepayers into "blocks"

based on consumption. Residential customers who use more than average would pay premiums.

- **Model.** Commercial, industrial and institutional users that consume the most would pay less as a means of promoting development.

la is one of the "most complex" in Ontario, and there's inequity between what residential cus-

tomers and those in the industrial and commercial sectors pay.



Splashing rural landscapes across the London cityscape

Four new outdoor murals have cropped up in the Forest City as part of city hall's public art program carried out in partnership with the London Arts Council. Artist Tracy Root, 48, of London, pictured above working last week, is creating a rural landscape at the Oxford Street underpass along the Thames Valley Parkway. Her mural, expected to be completed by early November, is the largest of the group at 53-by-10 feet. The other murals are at the Bradley Street tunnel, near White Oaks school, at the Wharnclyffe Road underpass along the bike path, and in Greenway Park. ANGELA MULLINS/METRO

1 NEWS

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ATV safety

Man charged for lack of helmet

Police have charged a 22-year-old London man with failing to wear a proper helmet after an accident Saturday. The man flipped an ATV he was driving, causing it to roll on top of him. He was taken to hospital with multiple lacerations and fractures. **METRO**

The woof is on fire

SuperDogs perform to hip hop

The SuperDogs will perform at Budweiser Gardens on Nov. 18. The new show, called Hip Hop Hooray, will feature the dogs jumping and weaving to hip hop and rap music. Tickets available by phone (1-866-455-2849), or budweisergardens.com. **METRO**

Don't cook and sleep

Kitchen fire ignites after man sleeps

The fire department says a local man is extremely lucky after a fire Sunday on Heath Place. Around 4 a.m., the man fell asleep with a pot on the stove, which was later found with a hole in it the exact size of the burner. Damage is estimated at \$5,000. **AM980/AM980.CA**

Hairy season

Movember right around the corner

Men are encouraged to grow their "mo" this November, sprouting moustaches to raise money to support prostate cancer research and male mental-health initiatives. New this year, London will hold a gala Nov. 29. To register, visit movember.com. **METRO**

The new 'stay-at-home'

Momprenuers now in business

London Momprenuers is hosting a launch party Monday at 7:30 p.m. at One Diva and a Cupcake (1056 Gainsborough Rd.). Momprenuers connects members to other women and businesses in London. For information, visit londonmomprenuers.com. **METRO**

HIV/AIDS Connection

Rocky Horror fundraiser

Regional HIV/AIDS Connection presents the fifth annual Rocky Horror Picture Show Experience fundraiser on Thursday at Rainbow Cinemas in Citi Plaza. The costume contest is at 7:30 p.m. and the film screening begins at 8 p.m. **METRO**

Londoner's trek to Oz rests on Monday's show

Over the Rainbow.

Cassandra Hodgins is one of five remaining girls vying for the role of Dorothy

ANDREW SERCOMBE
london@metronews.ca

It is clear why Cassandra Hodgins is a top-five finalist on CBC's *Over the Rainbow*. The 17-year-old Londoner is a talented singer, actor and dancer, and she is well on her way to seeing her name in lights.

A graduate of H.B. Beal Secondary's musical theatre program, Hodgins never thought she would make it so far so soon. The journey began in July when she found out about the auditions for the show online.

"I thought I might as well try," she said. "I had just graduated high school, and I had nothing to lose."

Hodgins' audition left a lasting impression on the show's producers, and she was invited over the summer to attend a "Dorothy boot-camp" preparing contestants for live TV. Hodgins was one of 10 girls selected for the show.

Triple threat

- Over the Rainbow is searching for the next Dorothy to sing, act and dance in Andrew Lloyd Webber's stage adaptation of *The Wizard of Oz*.
- To vote, visit cbc.ca/overtherainbow. Voting ends Monday at noon.

After five weeks on the air, Hodgins is one of five remaining contestants heading into Monday's voting.

The transition from the stage to live TV has been difficult, but Hodgins has met those challenges head-on.

"We keep getting thrown surprises and challenges at us as part of the show," she said. "There are a lot of long, stressful days, but the experience has been amazing. I've always been interested in theatre, but I never thought I would be on TV. I still have trouble understanding I am singing to Canada, and not just the audience on the set."

Over the Rainbow airs Sundays at 8 p.m. on CBC, followed by the results show Mondays at 8 p.m.



Cassandra Hodgins performs on CBC's *Over the Rainbow*. Before appearing on the TV show, the 17-year-old Londoner starred in H.B. Beal Secondary's production of *Hairspray* this year. **FACEBOOK.COM**

Western U. State of council address

Western University's student council will give its annual state of council address Monday night.

This year, the University Students' Council (USC) hopes to discuss its role at Western, and provide more details on some of the issues council members have been involved in.

"Students will be able to hear from the USC, and see what we have been working on to make their experience at Western better," says student president Adam Fearnall.

The address is titled *The untold story of Western: What you don't know about your student experience*, and it will explain some of the USC's changes over the past five years.

Fearnall hopes the address will push students to be more active and engaged with their student government.

After the address, there will be an opportunity for students to ask questions.

The address will begin at 7 p.m. Monday in the Mustang Lounge of the University Community Centre. All members of the Western community are invited to attend.

ANDREW SERCOMBE/FOR METRO

Pregnant and New Moms: WANT HELP TO QUIT SMOKING?

This is a Western University research study to help pregnant and postnatal women who currently smoke and want to become smoke-free. Participants will be compensated (paid) for their time.

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We'd love to hear from you.

Health care on the clock



Michelle Clermont
CONTRIBUTED

With just five minutes on the clock, presenters at Ignite Health Ontario must be concise. Michelle Clermont, creator of the event, believes she has assembled a lineup of speakers who can do just that.

Inspired by her involvement with Ignite London, Clermont has borrowed its five-minute presentation style and focused it on health.

"The goal is to get people to take accountability of their health, and for them to walk away from the night with at least one idea on how to improve it," said Clermont.

One of the speakers is Jim Moss, former captain of

the London Knights. He'll be speaking about his initiative called the smile epidemic, a proactive health intervention aimed at increasing optimism. Moss says the project was inspired by his own battle with a neuromuscular disease, Guillain-Barré Syndrome. His work will be featured on the Oprah Winfrey Network next year.

Ignite Health Ontario will be hosted upstairs at Covent Garden Market on Wednesday between 7 p.m. and 9 p.m.

Admission is free, but you must register. For more information and to register, visit ignitehealth.eventbrite.ca.

ANDREW SERCOMBE/FOR METRO

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Scouts like what they see from Knights blueliner Nikita Zadorov

Game face. A newcomer to the Canadian game, big-bodied Russian is doing fine, scouts say

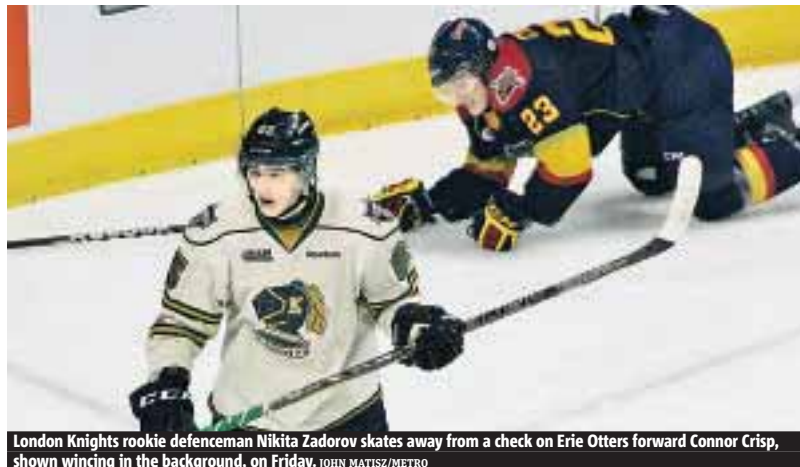
With a Memorial Cup-finalist season under their belts, Max Domi and Bo Horvat entered the current campaign with plenty of major junior hockey know-how.

Other 2013 NHL draft-eligible London Knights were not so lucky, however, and are facing the most important slate of hockey games of their lives as OHL freshmen.

Forwards Remi Elie, Kyle Platzer, Corey Pawley, as well as defenceman Miles Liberati, have all been tasked with getting comfy in the league — and impressing scouts — simultaneously.

Wedged somewhere in between Domi/Horvat and the others is Nikita Zadorov.

The big-bodied Russian rearguard is new to North America as a whole, but scouts



London Knights rookie defenceman Nikita Zadorov skates away from a check on Erie Otters forward Connor Crisp, shown winning in the background, on Friday. JOHN MATISZ/METRO

say he's doing just fine.

"Zadorov is finding his way in the OHL, and you can see that his learning curve is accelerating more with each game, in picking his spots and finding ways to contribute," said Dan Marr, director of NHL Central Scouting.

Marr highlights Zadorov's competitive spirit, especially when the Moscow native chooses to use his "size/strength game" to his advantage.

The ninth overall selection in the 2012 Canadian Hockey League import draft sports a

massive frame, standing at six-foot-five and tipping the scales at 228 pounds. Unlike many hulking D-men, though, decent puck skills and quality skating complement the thunderous body checks.

This dynamic is making the loss of graduating ex-captain

Jarred Tinordi a lot easier on London.

In nine games, the 17-year-old has picked up two assists and is a plus-9.

"While he won't be able to fill Tinordi's shoes right away, he has the tools to do it sooner than later," said Mark Edwards, director of scouting for HockeyProspect.com, a popular independent scouting service. "He is just huge and he plays big. Some don't."

What's garnered a checkmark in another Ontario-based scout's notebook is Zadorov's adaptability.

"Thus far, he has shown a sharp learning curve. He's exhibited an ability to play a mean, aggressive style while maintaining good defensive positioning," said Sean LaFortune, regional scout for McKeen's Hockey, another well-respected independent service.

Early-season projections slot Zadorov as a potential first- or second-round pick in what many are dubbing the deepest draft class in nearly a decade.

JOHN MATISZ/METRO

OHL action

Knights double Wolves

Defenceman Olli Maatta had a goal and two assists and was the game's first star Sunday as the London Knights defeated the Wolves 4-2 in Sudbury.

The Wolves nearly outshot the Knights by a 2-1 margin, but London goalie Kevin Bailie was in top form, turning aside 33 of 35 pucks. London had 18 shots on Sudbury goalie Joel Vienneau, who made 14 saves.

Brett Welychka had a goal and an assist for the Knights, who picked up five out of a possible six points in three games over the weekend.

Max Domi and Alex Broadhurst each added two helpers apiece for London.

JOHN MATISZ/METRO

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Fatal spa shooting may be related to domestic dispute

Suspect had a restraining order against him. Police chief says 45-year-old suspect in deadly rampage died of self-inflicted wound

A man police suspected of killing three people and wounding four others by opening fire at a day spa was found dead Sunday afternoon following a six-hour manhunt that locked down a shopping centre, country club and hospital in suburban Milwaukee.

Authorities said they believe the shooting was related to a domestic dispute. The man they identified as the suspect, Radcliffe Franklin Haughton, 45, of Brown Deer, Wis., had a restraining



Radcliffe Franklin Haughton, 45, of Brown Deer, Wis. COURTESY BROOKFIELD POLICE DEPT./THE ASSOCIATED PRESS

order against him.

Brookfield Police Chief Dan Tushaus said Haughton died of a self-inflicted gunshot wound and was found in the spa. Authorities initially believed Haughton had fled and spent much of Sunday looking for him.

The shooting hap-

pened about 11 a.m. at the Azana Day Spa, a two-story, 9,000-square-foot building across from a major shopping mall in Brookfield, a middle-to-upper class community west of Milwaukee. Hours later, a bomb squad descended on the building, and Tushaus said an improvised explosive device had been found inside. It was not clear whether it remained a threat.

Haughton's father, Radcliffe Haughton, Sr., spoke to a television station and The Associated Press shortly before police announced his son's death. In telephone interviews from Florida, he said he had last spoken to his son a few days ago, but didn't have any indication anything was wrong. He begged his son to turn himself in. After learning of his son's death, he said, "This is very sad."

THE ASSOCIATED PRESS



North America's first aboriginal saint

Nuns hold images of Canada's Kateri Tekakwitha, the first Native American to achieve sainthood, as they wait for the start of a canonization ceremony celebrated by Pope Benedict XVI, in St. Peter's Square, at the Vatican on Sunday. The pontiff canonized seven people: Tekakwitha, Maria del Carmen, Pedro Calungsod, Jacques Berthieu, Giovanni Battista Piamarta, Mother Marianne Cope and Anna Shaeffer.

ANDREW MEDICHINI/THE ASSOCIATED PRESS

Bills mean big changes for the environment, natives



Minister of Foreign Affairs John Baird. ADRIAN WYLD/THE CANADIAN PRESS

Government calls it making way for business. Outraged foes call it the slicing and dicing of environmental protection and any remaining trust with aboriginal peoples.

Over several months of omnibus bills, amendments, regulations and tinkering with longstanding conventions, Ottawa has undertaken a series of adjustments that add up to undeniably profound changes in both environmental and aboriginal policy.

Bill C-45, the 457-page budget omnibus bill tabled this week in the House of Commons, is the latest instal-

ment in what may seem like evolutionary changes. They may turn out to be revolutionary changes.

"It is all about jobs, investment and opportunity. It is all about creating economic growth so Canadians can get back into the workforce and be able to provide for themselves and their families," Foreign Affairs Minister John Baird told the House on Friday under a barrage of aggressive questions about C-45.

Canadian business leaders are saying little but they are quietly content with these changes, officials with several major business groups told

The Canadian Press.

Aboriginal groups and environmentalists, however, say they are deeply disturbed — both with the new directions and the stealthy way those directions were undertaken.

"When our people see no movement from the government to work with us, when they see backsliding, undermining and continuing threats and pressures on an already burdened population, the flames only grow stronger," Shawn Atleo, national chief of the Assembly of First Nations said last week.

THE CANADIAN PRESS

Changes to omnibus bill

There will be dramatically fewer environmental assessments, focused only on major projects.

- Pipelines will be exempt from the navigable waters act and the environmental assessments that law has often triggered.
- Three oceans, 97 lakes and 62 rivers will be covered by the new act — less than one per cent of Canada's waterways.



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Protests in Lebanon turn violent over assassination

Civil unrest. Protesters blame Syria for death of intelligence official

Lebanese security forces unleashed a barrage of gunfire and tear gas in central Beirut on Sunday to disperse hundreds of protesters trying to storm the government headquarters after the funeral of a top Lebanese intelligence official killed by a car bomb.

The protesters blamed the assassination on the government of neighbouring Syria and consider Lebanon's current government to be too close to that embattled regime.

Many also chanted against Hezbollah, the Lebanese militant group that dominates the government and serves as the Damascus regime's closest Lebanese ally.

As the battle raged, with protesters and security personnel pelting each other with hunks of concrete, metal bars and tear gas canisters,



Lebanese protesters are enveloped in tear gas on Sunday as they pull a barbed-wire barrier during clashes after the funeral of Brig. Gen. Wissam al-Hassan, who was assassinated Oct. 19 by a car bomb in Beirut, Lebanon. HUSSEIN MALLA/THE ASSOCIATED PRESS

former Prime Minister Fuad Saniora appealed for calm.

"The use of violence is unacceptable and does not represent the image that we want," Saniora said in a televised address.

Even before Friday's bombing, the civil war in Syria had set off violence in

Lebanon and deepened tensions between supporters and opponents of President Bashar Assad's regime. The assassination has laid bare how vulnerable Lebanon is to renewed strife, threatening to shatter a fragile political balance struck after decades of civil unrest — much of it

linked to Syria.

Sunday's clashes erupted after the funeral for Brig. Gen. Wissam al-Hassan, who was killed along with his body guard by a Beirut car bomb on Friday. Al-Hassan, 47, was a powerful opponent of Syria in Lebanon.

THE ASSOCIATED PRESS

Cuba. Rumours of Fidel Castro's death greatly exaggerated

Former Venezuelan Vice-President Elias Jaua said Sunday that he met with aging revolutionary icon Fidel Castro for five hours and showed The Associated Press photos of the encounter, quashing persistent rumours that the former Cuban leader has died, was on his deathbed or had suffered a massive stroke.

Jaua also confirmed that the 86-year-old retired Cuban president accompanied him to the Hotel Nacional after

their meeting Saturday.

Jaua showed a photograph of himself in a minibus along with the former Cuban leader, Castro's wife, a hotel executive and several other people. The photo shows Jaua and Castro smiling broadly, and the former Cuban leader is wearing a checked shirt and cowboy hat.

The public appearance was Castro's first in months. He has also ceased writing his once-constant opinion pieces. THE ASSOCIATED PRESS

Opening doors

Cuba risks exodus with market reform

Cuba seems to be betting that its decision to allow most of its citizens to travel abroad freely will be as good for its economy as it is for its public relations.

The announcement comes as the communist island nation carries out a cautious free market experiment to re-

form Cuba's economy, which includes a plan to fire one million state workers and allow more entrepreneurship.

Cuba's leaders seem confident that lifting exit visa requirements will not produce an embarrassing exodus. Instead, experts say, a controlled migration might provide an outlet for unemployed workers and Cubans might return home with experience in market economies. THE ASSOCIATED PRESS



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AILSA CRAIG COMMUNITY CENTRE 155 Annie Ada Shipley Street, Ailsa Craig	Thursday, November 1 4:00 pm – 7:00 pm
LORD ELGIN PUBLIC SCHOOL 1100 Victoria Drive, London	Friday, November 2 4:00 pm – 7:00 pm
SOUTH LONDON COMMUNITY CENTRE 1119 Jalna Blvd., London	Saturday, November 3 10:00 am – 3:00 pm
GREEK CANADIAN CLUB 965 Sarnia Road, London	Thursday, November 8 4:00 pm – 8:00 pm
WESTMOUNT PUBLIC SCHOOL 1011 Viscount Road, London	Saturday, November 10 10:00 am – 3:00 pm
GLENCOE AGRICULTURAL HALL 268 Currie Road, Glencoe	Tuesday, November 13 4:00 pm – 7:00 pm
LAMBETH COMMUNITY CENTRE 7112 Beattie Street West, London	Thursday, November 15 4:00 pm – 8:00 pm
STRATHROY DISTRICT COLLEGIATE INSTITUTE 361 Second Street, Strathroy	Friday, November 16 4:00 am – 7:00 pm
CLARKE ROAD SECONDARY SCHOOL 300 Clarke Road, London	Saturday, November 17 10:00 am – 3:00 pm
LUCAN COMMUNITY CENTRE 263 Main Street, Lucan	Thursday, November 22 4:00 pm – 7:00 pm
CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE 656 Elizabeth Street, London	Saturday, November 24 10:00 am – 3:00 pm
NORTH DORCHESTER OPTIMIST YOUTH CENTRE 1653 Richmond Street, Dorchester	Thursday, November 29 4:00 pm – 7:00 pm

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* Note: Sites are wheelchair accessible

www.healthunit.com



Developing apps at an Internet café in Kumasi, Ghana. ELISABETH BRAW/METRO WORLD NEWS

Capitalizing on Africa's growth

Africa 2.0. A network of emerging leaders wants to rebrand the continent, encourage entrepreneurship and profit from stability



ELISABETH BRAW
Metro World News in London

In Addis Ababa, donkeys and goats graze by a street, with a "Facebook and Internet café" for a backdrop. There are shacks, open pits, garbage pickers — and young entrepreneurs toting iPads.

But Ethiopia is not the only African country with rapid growth. Last year Ghana was the world's fastest-growing economy, according to the Africa Progress Report. Among the others in the world's top 10: Congo, Mozambique, Nigeria, Zimbabwe and the Democratic Republic of Congo. Welcome to Africa 2.0.

"Africa has one billion people, and will have two billion by 2040," notes Mamadou Toure, a young former JP Morgan banker who now works for the International Finance Corporation.

"It's a very young population. That's a huge potential workforce. And, thanks to democratization and stability, many Africans are returning from the diaspora. These young Africans are better educated, too. And all of this attracts investors as well."

Toure, who was born in Senegal and grew up in France, is one the founders

Africa outpaces the world



Of the world's 10 fastest-growing economies, eight are African:

- 1 Ghana:** Strengths are agriculture (predominantly cocoa), oil, tourism
- 2 China**
- 3 Republic of Congo:** Strengths are oil, minerals,

engineering

4 Ethiopia

Strengths are agriculture (predominantly coffee), textiles, manufacturing

5 India

6 Mozambique

Strength is aluminum

7 Nigeria: Strengths are telecommunications, construction, retail, manufacturing

8 Rwanda: Strengths are agriculture (predominantly tea and coffee), tourism, minerals

9 Democratic Republic of Congo:

Strengths are agriculture, minerals, construction

10 Zimbabwe

Strength is mining

of Africa 2.0, a network of emerging African leaders in politics, business and civil society.

Stability has led to impressive growth in former war zones like Rwanda, whose economy grew by nearly seven per cent last year, powered by tourism and exports of tea and coffee.

"Rwanda, Uganda and Ghana are good cases in point," says Lina Mohohlo, governor of the Central Bank of Botswana and a board member of the Africa Progress Panel, a group of international leaders monitoring African development.

"Their economic growth is underpinned by policy reforms, the gains from diversifying the economies, growing exports related to growing international de-

mand and rising commodity prices. There's no reason why the continent shouldn't sustain this positive development."

In Accra, the capital of Ghana, Vodafone is building shiny new headquarters. Indeed, a whole new Airport City is rising around the ramshackle airport.

Toure knows Africa's remaining challenges well. "Several years ago, young Africans were starting to move back, but Africa was still the Dark Continent, with frequent coups.

"Now that's changing. Young Africans want to rebrand Africa, introduce best practices, establish a vision for our continent. And we have to make sure our growth is shared. That's why entrepreneurship is so important."

SOUP SISTERS AND BROTH BROTHERS FEED THE NEEDY



URBAN COMPASS
Todd Devlin
london@metronews.ca

It was a perfect fit for Alyson Nichols.

The Londoner was looking to take cooking classes and also get involved in a female charity when chef Suki Kaur-Cosier of

Cooking Matters, a local cooking school, told her about Soup Sisters and Broth Brothers. It was an opportunity, the chef said, that would allow her to do both.

Now, Nichols is a regular volunteer and event organizer for the year-round program that offers soup-making sessions and a meal for participants while also producing hundreds of litres of soup for donation to London's Women's Community House.

"It's such an awesome organization and the event is so much fun," Nichols said. "There's wine and appetizers and music playing. And it's really neat at the end of the evening to see how much soup has been made."

That's the primary goal of the organization — to provide a simple, tangible difference to women and children who have experienced domestic violence or homelessness.

"I think the whole idea is the power of a warming cup of soup," Nichols said. "And for those in the Women's Community House to know this is from people in the community who care about them and believe in them."

Participants pay a \$50 registration fee to take part in a hands-on cooking class at the London Training Centre. The soup-making sessions generally consist of four groups, each with a different recipe. The soups are all tasted, and one is chosen to be served as part of a meal that includes salad, bread and wine.

London's events happen under the guidance of Kaur-Cosier, who was recruited by the organization's founder, Sharon Hapton. Like Nichols and the other volunteers, Kaur-Cosier donates her time to run the monthly events. As it happens, she had volunteered at a refuge for women when she lived in the U.K. years ago.

"(Soup Sisters) brought back those memories," she said. "It's such a worthy cause, and it has really affected me. It's a great way of saying we do care in the community about you. We should embrace this and make sure it's a success."

At each gathering, the group (15 to 25 people) produces 75 to 100 litres (or 150 to 200 servings) of soup for the Women's Community House. The same initiative is cooking in several other cities across Canada.

At this month's event on Monday night, the London chapter will celebrate the launch of the Soup Sisters Cookbook, which includes 100 recipes from many of Canada's top celebrity chefs (including a few from London's own Kaur-Cosier). Sales of the book help to keep the soup flowing in London.

In the past, participants have signed up on their own, as a pair or as part of a group. Kaur-Cosier has even welcomed birthday parties into her kitchen.

"It's kind of like, what do you get for the person who has everything?" she said. "So instead of presents, they get together (at Soup Sisters). It's a really neat concept. They have a great time and they contribute to a worthy cause."

For more information or to sign up for a future event, visit soupsisters.org.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



Soup Sisters offer a toast at a recent gathering. CONTRIBUTED

Rage against the machine



KEITH CROWLEY/SOLENT

'Wild' life

Angry elk vents fury on family car

This angry elk started attacking passing cars after having a fight during mating season.

The fuming animal, which had been clashing with other male elk, lashed out at tourists who had stopped to watch the beasts at Yellowstone National Park in Wyoming.

It is rutting season and male elk (bulls) are trying to attract the attention of female elk (cows) to breed with.

"In the process of trying to win over a harem, the elk battle each other," the photographer, Keith Crowley, explained. **METRO**

Photographer's viewpoint



"In their heightened state, they will also attack anything they see as a threat to 'their' cows, including pedestrians and vehicles."

Wildlife photographer Keith Crowley, 51, from Wisconsin. Crowley said drivers couldn't resist slowing down to take a look at the gathering of around 60 elk one evening.

Elk

- **Population in Yellowstone.** Most abundant large mammal found in Yellowstone: more than 30,000 during the summer and roughly 15,000 to 22,000 in the winter. Elk have frequented Yellowstone for more than 900 years.

- **Rut is a riot.** During the breeding season (September to mid-October), bulls coat themselves in mud to 'perfume' themselves to attract mates. Bulls spar each other with antlers and cry out a series of low pitched bellows (known as bugling) to establish their dominance over a certain region.

By the numbers

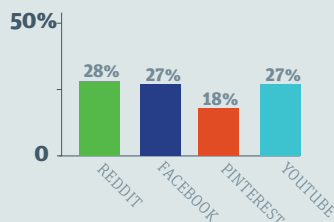
47

The number of vehicles that were damaged by one bull, Crowley counted. The nature photographer said visitors are unaware that by slowing down their cars to catch a glimpse of an elk, they can cause an attack. "Despite an abundance of signs warning of the danger and park rangers shouting instructions to keep moving, most drivers simply slowed down," he said. "They appeared unaware that the bulls might actually attack their vehicles."



Register at metropolitanpanel.ca and take the quick poll

What's the best time-waster website?



Twitter

@Ehr_max:

I can say with confidence that no team at Western could challenge the track team in a dance battle. Sooo gooooooood.

@TheRealJeffs:

Anybody have any suggestions for something fun to do with the kids today? Something fall-sy and outdoor-sy...? #Idnont #pumpkins

@ashleyemcguire:

It's a Sunday morning... my

roommate who isn't a #westernu student asked me if we can go to the @uscwavespoke to grab breakfast #success #fb

@mytruth4:

I was kept awake last night by a hooker crying about her newly diagnosed STD on the street outside #Idnont #ghetto

@379collective:

It's starting to feel a little spooky! What are you being for Halloween, #Idnont?



RuPaul, host of RuPaul's All Stars Drag Race, won't admit to any favourites on the show. GETTY IMAGES

RuPaul gets revved up for an all-star Drag Race

Go big or go home.

Queen of reality TV brings former contestants back to avenge their losses and vie for top prize



NED
EHRBAR

Metro World News in Hollywood

After four seasons of fierce competition — with a fiercely loyal cult following — drag superstar RuPaul is giving 12 former contestants another shot at glory with RuPaul's All Stars Drag Race. But don't expect the outspoken host and judge to admit to any favourites.

So what's new on the show this season?

Well, obviously we have the all-stars, who are basically the Avengers of drag. These are the biggest and the best. They are avenging the fact that these are the girls who did not win the top prize, so they've got something to prove. Even the weakest competitor has an incredible story to tell, because these are kids who come from backgrounds where they've been ostracized and shut out, and they've persevered. We all live in a patriarchal, masculine culture, and doing this kind of work, to go against the grain like this, is nothing short of heroic.

Do you have any favourites among the all-stars?

I'm the mommy, I cannot play favourites. Of course I have favourites, but I can't tell anybody (laughs). I have the best job in the world. I've always loved queens. I've always loved people who dance to the beat of a different drummer, and I've found myself in the best job in the world... I love creativity. I love to take something apart and rebuild it and see what makes it work. And when we're producing this show, before the cameras roll, we're putting together an ensemble of creative people to be our competitors, but we're also putting together these challenges that are really kind of life challenges in disguise —

wrapped up in pretty, funny packages. So I love being creative, and that's what this job allows me to do. And also I get to usher these incredible entertainers into the big time, because our show is seen in 25 different countries around the world, so they become world-famous. Even the girl who's eliminated first becomes world-famous.

What do you think Canadian audiences are going to get out of it?

Well, they're going to get a whole lot of American attitude from queens who basically really are the tastemakers and phrase-makers of the world. When I was growing up, gay people were the arbiters of

For more info...

- **Watch it.** RuPaul's All-Stars Drag Race series will air exclusively on OUTFtv on Mondays, premiering Oct. 22 at 9 p.m. ET/PT. Followed by the behind-the-scenes series Untucked: All-Stars.

style, of lingo, and that's still true today, but not as much as it used to be, with all the blogs and everything. There's a lot of clever people out there. But our show gives you a whole vernacular, a whole attitude and actually a whole take on life that is courageous and adventurous.





Katy Perry

Katy Perry playing hard to get with John Mayer

There's some new insight into why Katy Perry keeps sticking with on-again, off-again beau John Mayer, according to *Us Weekly*.

Apparently the pop star "believes she can change him," sources say.

"She doesn't want to be just another one of his conquests."

Her latest strategy — which may explain all the breaking up and making up rumours — is reportedly to play hard-to-get.

"She recently told John she was open to see other people," the source says. "Once Katy turned her back on him, he started chasing her again."

Twitter



@lindsaylohan

I don't have a boyfriend. I have Chanel, Hermes and diamonds.



@SamuelLJackson

Let's all just Vote & see what happens! Who needs Bus Fare?!



@IAMJHUD

Just spent \$14 on a bag of candy. Come along way from the old corner store.



@SethMacFarlane

Halloween is a great time of year to see some spooooooooky prostitutes.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Timberlake and Biel by the numbers



THE WORD

Dorothy Robinson
scene@metronews.ca

Justin Timberlake married his first wife, actress Jessica Biel, on Friday night in southern Italy.

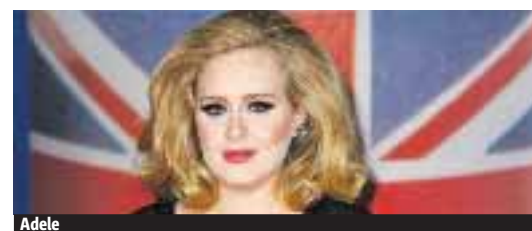
Although the wedding was on lockdown harder than Britney Spears' virginity circa 1998, some details have leaked out. Here's a quick look at what it took

for Biel to become Justified. 150: Number of guests, including Andy Samberg, Jimmy Fallon, 'N Sync singer Chris Kirkpatrick, actress Beverley Mitchell and Timbaland.

2: Number of times the couple has split in their five-year courtship.

5: Number of stars of the Borgo Egnazia, the luxury resort they took over for the festivities. The complex is located in Ostuni, Puglia, in the heel of Italy.

6.4: Cost, in millions, of Friday night's nuptials, according to Radar Online. This figure covered private jets, white flowers throughout the hotel complex, a fireworks show and the resort costs.



Adele

Adele celebrates birth of a boy

Adele has given birth to a baby boy, according to Sunday Mirror. The singer and boyfriend Simon Konecki welcomed the tot last week.

"Adele and Simon are ecstatic at their new arrival. She was over the

moon that they were expecting their first child together," a source tells the newspaper.

The birth comes just four months after the Rolling in the Deep singer announced to the world that she was pregnant.



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Kathy Buckworth,
kathybuckworth.com

Family travel can be a lot of work, particularly if parents are responsible with not only packing for themselves, but for their kids as well.

Inevitably, when you reach your destination, at least one of the kids will pull a T-shirt out of their suitcase and say, "I'm not wearing this."

Put your kids in charge of their own suitcases. Teaching your kids to pack for themselves not only takes the stress off mom and dad, but it trains them to be responsible for their own belongings, which is invaluable as they grow up and head off to summer camp, sleepovers and eventually post-secondary education.

Even young kids who can't read can do their own packing. Give them a list using pictures of what they need to pack, and if you want a specific T-shirt or pair of pants, make them the right colour.

When they're older, help them create their list or at least describe what types of clothes you think they'll need for the different activities they'll be doing.

They'll learn how to avoid not packing enough and over-packing. If they forget something, it'll be a great lesson to take more care the next time.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

So, they're still not eating their lunches?

Kitchen lessons. Food Network chef Dale MacKay shares his tips on getting your kids to eat — and love — what you pack for them

DAN CLAPSON
life@metronews.ca

It's almost the end of October and they're still brining home uneaten sandwiches?

Vancouver-based chef and Top Chef Canada Season One winner, Dale MacKay, offers his tips on getting kids of all ages inspired in the home kitchen and what you should be popping into your kids' lunch boxes.

When you were young, what was your favourite thing to have for lunch?

A good peanut butter and jelly sandwich, some fruit and some yogurt!

Now, as an adult, what's the most important thing to remember when assembling a lunch for your son, Aydan?

Try to hit all the food groups. Pack some raw vegetables, fruit. If you're going to go (with) a snack, then choose good quality granola bars that don't have a lot of sugar.

Does your son help make lunch/spend time in the kitchen with you?

He's starting to a lot more now. We cook dinners at home a lot ... I try to involve him way more often. Whether Aydan's cutting vegetables, pan frying or whatever it is, he's getting a lot more at ease.



Chef Dale MacKay and his son Aydan. SUBMITTED

What's a great fundamental cooking process or meal to start with when getting kids involved in the kitchens?

Chopping (ingredients) with you. Whatever you're cutting, whether it's celery or carrots, you can snack on it while you're cutting and explain why we're doing something a certain way, why you're using something ... why the process is the way it is.

Any tips on how to get a kid to eat a fruit/vegetable they don't like?

That's hard. Some kids certainly don't love fruits and vegetables ... but, take apples (for example) and go through different varieties of them. If you give a child a Granny Smith apple, he may never want to eat one again because they're so tart. If you get a Pink Lady apple, it's

sweeter. That's what I did with Aydan and now he loves them so much.

As a parent, what's one junk food/fast food item you hate to see kids eating?

Too much candy! I rarely ever purchase anything that's straight sugar. I don't ever really give Aydan pop, so he doesn't crave it because he hardly ever gets it.

Kitchen Tips

Here are Dale's tips for getting kids of all ages involved in the kitchen.

- **Young children (5 - 8).** Bring them grocery shopping with you and ask for their help while making a meal.
- **Tweens (9 - 12).** Watch the Food Network with them and check out online cooking videos.
- **Teenagers (13 - 18).** Take them to an array of restaurants and search out different flavours found in ethnic cuisines. Then assign one night a week for them to cook.

Exclusively online

metronews.ca/voices

- **Couch potato.** Mommy hasn't watched this much TV since the height of her Full House addiction circa 1993. Follow along with the comedic (mis) adventures of mommyhood online at metronews.ca/voices

Forget the ham sandwich

DAN CLAPSON
life@metronews.ca

Chef Dale MacKay's recipe for homemade falafels is quick, easy and will taste great in your kid's sandwich or wrap come lunchtime!

1. In a small bowl, combine yogurt, mint and 1/4 tsp (1 ml) each salt and pepper. Set aside.

2. In a food processor, finely chop red onion, garlic and parsley. Add chickpeas, bread crumbs, coriander, cumin, baking powder, salt and cay-

Ingredients

Yogurt Mint Sauce

- 1/4 cup (50 ml) plain yogurt
- 2 tbsp (30 ml) fresh chopped mint
- 1/4 tsp (1 ml) each salt and pepper

Falafels

- 1/4 cup (50 ml) coarsely chopped red onion
- 2 cloves garlic, sliced
- 1 tbsp (15 ml) parsley leaves

- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 1/2 cup (125 ml) fresh bread crumbs
- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) cayenne pepper
- 1 tbsp (15 ml) olive oil

enne. Pulse until a coarse mixture forms. Divide and shape into 4 balls. Flatten to thinness you desire

3. Heat oil in a nonstick skillet over medium heat. Add patties and cook for 3 - 4 minutes per side, or until golden.



This recipe makes four servings. DAN CLAPSON

Patties will be fragile. Turn carefully with 2 spatulas.

4. Serve warm with a dollop of yogurt sauce on top.

RECIPE COURTESY OF DALE MACKAY

PB & J sandwich makeover

Most kids — and many adults who want to remember being kids — love peanut butter and jelly sandwiches. Problem is, this childhood staple is high in fat and sugar. So it's time for a remake of that beloved sandwich.

The first fix is the bread. Skip the fluffy white bread and go straight to a multigrain or whole wheat.

The second fix is the jelly. Even the healthiest varieties are jammed with sugar. So start with a base of all-fruit spread, but add a healthy dose of real fresh berries. This gives the sandwich just the right touch of sweetness.

The final trouble spot in the typical PB&J is the peanut butter. Opting for a natural, unsweetened peanut butter gets

Updated Peanut Butter and Jelly Sandwich



This recipe serves one. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 tbsp instant oatmeal
- 3 tbsp non-fat milk
- Pinch salt
- 1 tbsp natural unsalted peanut butter
- 1/4 cup chopped fresh berries
- 2 tsp all-fruit spread
- 2 slices multigrain or whole-wheat bread

you on the right track. But even regular peanut butter is loaded with fat. So you want to use it sparingly. But that doesn't taste nearly as good as really loading it on.

The solution? Mix together peanut butter and cooked instant oatmeal. Crazy? Maybe a little. But oatmeal has a nutty, pasty quality to it already. Mixed with peanut butter, it

makes a delicious sandwich filling. Of course, be sure not to buy sweetened instant oatmeal. And this recipe works just as well with any of the peanut butter alternatives.

1. In a small microwave-safe bowl, combine the oatmeal, milk and salt. Microwave on high for 1 minute, or until boiling. Allow to cool for 5 minutes,

then stir in the peanut butter.

2. In another small bowl, stir together the berries and fruit spread.

3. Spread the peanut butter-oat mixture on one slice of bread and the fruit mixture over it. Top with the second slice of bread.

THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



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Desserts at restaurants always look delicious and taste even better. Their nutritional information, however, doesn't look quite as nice.

Milestones The Cookie

1,300 calories/ 69 g fat/ 36 g saturated fat/ 113 g sugar

With gelato, which is less calories and fat than ice cream, and chocolate and caramel sauces, this cookie holds a day's worth of fat and calories.



Equivalent

One innocent sounding The Cookie from Milestones is equal in calories to three and a half medium strawberry sundaes from Dairy Queen.



Milestones Ibarra Chocolate Cake

334 calories/ 18 g fat/ 9 g saturated fat/ 30 g sugar

Even with gelato, chocolate sauce and whipped cream, this Mexican chocolate lava type of cake contains less calories, fat and sugar.



Peanut Butter S'mores Bars: Snacking just got sweeter



This recipe makes 12 servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

The point of these delicious Peanut Butter S'mores Bars was to create a simple snack with the flavour of s'mores, but with the texture, ease and portability of puffed rice treats, which the kids could enjoy after school.

You end up with a layer of marshmallow-rich crushed graham crackers topped with chocolate.

To make things interesting, you can then turn them into Peanut Butter S'mores Bars by adding (wait for it): peanut butter.

If your kids aren't peanut butter inclined, just leave it out. They're still just as delicious.

1. Coat a 9-by-9-inch baking pan with cooking spray.

2. In a large saucepan over medium-low, add unsalted butter, marshmallows and

smooth, natural peanut butter. Stir everything until it is completely melted and smooth.

3. Remove the pan from the heat and add the lightly crushed graham cereal and lightly crushed graham crackers. Stir to coat. Using buttered fingers, press the mixture into the prepared pan. Set aside.

4. In a microwave-safe dish, melt the semi-sweet chocolate bits by heating them in 30-second intervals (depending on the power of the microwave), and stirring in between.

5. Spread the melted chocolate over the bars and sprinkle with the peanuts. Allow to cool and then cut into bars.

THE ASSOCIATED PRESS

Ingredients

- 3 tbsp unsalted butter
- 10-oz package marshmallows
- 1/4 cup smooth natural peanut butter
- 3 cups graham cereal, lightly crushed
- 1 sleeve of graham crackers (9 sheets), lightly crushed
- 1 cup semi-sweet chocolate bits
- 1/2 cup lightly salted peanuts

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The In-Credibility Factor

Name: Darren Smith
City: Baysville, Ont
Age: 25
Occupation:
Owner and president
of Lake of Bays
Brewing Company



**THE IN-CREDIBILITY
FACTOR**
Teresa Kruze
life@metronews.ca

In his third year of university, Darren started recipe development for his own brand of beer in a pot on top of his stove. After putting together the necessary financing, Smith opened his brewery in May of 2010 with a staff of four. After two successful years, he now employs 25 people and sales of Lake of Bays Beer have quadrupled.

I knew I was on my way when... we started getting the first round of merchandise with our Lake of Bays logo on them. The night we opened, we went into the local pub in Baysville. Everyone was drinking Lake of Bays beer out of our glassware. It was cool seeing it served to people. We've gone from pale ale to four beers and our aim is to become one of the major players in the beer



Darren Smith PROVIDED

business, taking our brand across Ontario and eventually across the country.

Action Plan

- Talk to people: As an entrepreneur, it's easy to be filled with enthusiasm to make your idea work. Find people who are in the same business as you and really listen to them. You will benefit when they give you honest feedback on your business plan.

- Do some serious financial sleuthing: See if you can get

your hands on the finances of a company that is doing what you want to do. Get an idea of the financial structure of the business and ask them how long it took to get established and profitable.

- Abhor fixed costs: In a new business you're building sales and volume and if you have a lot of fixed expenses, it can be really challenging. If you have to deliver your product, contract another company to do the deliveries and when the sales come you can justify buying your own vehicle.

'Round-the-world work

Destination desk.

Discovering the best ways to do business in a faraway land

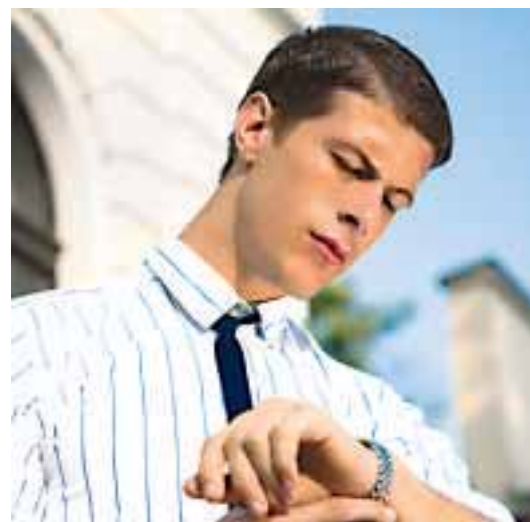
It's no surprise that company cost-cutting puts added pressure on business travellers, but that shouldn't mean compromising on comfort. Take a look at these helpful tips from Days Inns Canada to make your next business trip stress-free:

What to pack

The most important rule for any business traveller is to pack lightly. Be practical and only take items essential to your trip. Review luggage specifications with your carrier and if you do need to check a bag, be sure to have important documents in your carry-on.

Comfort counts

Why not pass on the four-star hotel and go for a two or three-star that provides clean, comfortable rooms, exceptional service and the essential hotel amenities all at a reasonable price? Many hotels offer a free breakfast and most have a fitness room or pool, so you can keep fit on the road.



Almost time for take off? Double-check that you've packed your travel documents along with all those work papers. ISTOCK

Get rewarded

Check with the hotel you're considering to see if they offer a loyalty rewards program designed with the traveller in mind. Look for participating partners and you might earn valuable points or miles on every qualified stay.

Keep in touch

It's a good idea to send your business itinerary to a co-worker, friend or relative, so someone will always know your whereabouts. Be sure to carry a cellphone when travelling alone and, of course, sending an email from the road to keep people informed is a good idea.

NEWS CANADA

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Lockout

NHL's Daly says CBA framework is in place

Time is running short to save a full NHL season.

But with just days remaining to strike a new collective bargaining agreement and preserve an 82-game schedule, deputy commissioner Bill Daly indicated that he felt there was a deal to be made.

Asked on Sunday whether there was a chance for the sides to get something in place by Thursday's deadline, Daly responded by saying "that's more of a question for the union than it is for me."

"We think there's a framework of a deal on the table," he added.

It's the same conclusion a number of observers reached after watching the league and NHL Players' Association move closer together in proposals delivered over the last week.

At worst, they remain about \$550 million US apart in the division of revenue over a five-year deal — depending on which of the union's three proposals is used and at what rate the business ends up growing. They could be separated by as little as \$320 million.

The NHLPA has shown a willingness to get to the league's desired 50-50 split of revenues over the course of the deal, but wants to ensure all current contracts are honoured in full. **THE CANADIAN PRESS**



Bill Daly GETTY IMAGES FILE



The Toronto Blue Jays agreed to a deal with Boston on Sunday that releases manager John Farrell from his contract with Toronto, giving him the chance to land the top job with the Red Sox. TOM SZCZERBOWSKI/GETTY IMAGES

Farrell bidding Toronto farewell for 'dream job'

MLB. Former Blue Jays manager headed to Boston; Red Sox deal infielder Aviles for Jays' pitcher Carpenter as part of deal

John Farrell's old boss says the Boston Red Sox's new manager has his dream job.

The Blue Jays agreed to a deal with Boston on Sunday that released Farrell from his contract with Toronto, allowing him to join the Red Sox.

"This was a dream job for him and an opportunity he really wanted to pursue," Blue Jays general manager Alex Anthopolous said on a conference call. "If it was a deal that made sense for our club as well we were going to go ahead and try

to complete that."

The Blue Jays have a policy that employees cannot make lateral moves to other organizations without compensation. As part of the deal with Boston to acquire Farrell's services, the Red Sox dealt infielder Mike Aviles to Toronto for right-handed pitcher David Carpenter.

Anthopolous says Farrell indicated to him after the season that if the Red Sox showed interest, he wanted to pursue the opportunity.

Boston approached Blue Jays' management and negotiations went from there.

"My responsibility is to the ballclub," Anthopolous said. "But I also understand the connection, I understand the ties. John had been there a long time, has a lot of strong relationships there."

"That's how he expressed

Farrell's tenure

- John Farrell, who was named the 12th manager in Blue Jays history in October 2010, guided the team to a 73-89 record this season.
- Toronto finished 81-81 in 2011, Farrell's first season as manager.
- Farrell was hired by the Blue Jays after four seasons as a pitching coach with Boston.

it to me. This is the one job, there's no other city that was more of a perfect fit or a perfect opportunity."

Farrell received a three-year deal in Boston, which also interviewed San Diego Padres

special assistant Brad Ausmus, New York Yankees bench coach Tony Pena, Los Angeles Dodgers third base coach Tim Lincecum and Baltimore Orioles third base coach DeMarlo Hale.

"I'm extremely excited to be returning to the Red Sox and to Boston," Farrell said in a statement. "I love this organization. It's a great franchise in a special city and region, with great fans, and we want nothing more than to reward their faith in us."

Now the Blue Jays will have to fill the void left by Farrell's departure. Anthopolous says he will begin the process of hiring a new manager in the coming days.

"There are zero front runners," he said. "I've started to think about it a little bit, but it will be a much smaller group (of candidates) than last time."

THE CANADIAN PRESS

Manning and Giants spoil RG3's comeback



Eli Manning, left, meets Robert Griffin III after the Giants' 27-23 win Sunday in East Rutherford, N.J. AL BELLO/GETTY IMAGES

While Robert Griffin III is quickly becoming the NFL's most exciting quarterback, there's none better than Eli Manning with the game on the line.

Manning one-upped the Washington Redskins' rookie sensation with a pinpoint 77-yard scoring pass to Victor Cruz with 1:13 to play and the New York Giants overcame a late touchdown toss by Griffin to defeat the Washington Redskins 27-23 on Sunday.

"With our offence and Eli at the helm, we're never too worried," Cruz said. "No matter what situation we're in, no mat-

Week 7

27

Giants

23

Redskins

ter how many points we need or a field goal we need, we have the confidence we can do it. We have a lot of confidence in each other, and in Eli."

The winning drive was the 22nd of Manning's career in

either the fourth quarter or overtime, his second this season and eighth over the past two seasons. This pass might have been one of the most improbable.

It came two plays and 19 seconds after Griffin capped what was a potential winning, 77-yard drive with a 30-yard touchdown toss to Santana Moss. The rookie had kept the drive alive with a 19-yard pass off a desperate scramble on a fourth-and-10 play deep in his own territory, and a 24-yard run on the next play.

THE ASSOCIATED PRESS

Cycling

Armstrong discusses
'difficult few weeks'

Lance Armstrong greeted about 4,300 cyclists at his Livestrong charity's fundraiser bike ride Sunday, then retreated into privacy as cycling officials get set to announce if they will appeal his lifetime ban and loss of seven Tour de France titles ordered by the U.S. Anti-Doping Agency.

Armstrong spoke briefly at the start of the ride in Austin, Texas, telling the crowd he's faced a "very difficult" few weeks. But he did not otherwise mention USADA's report detailing evidence of performance-enhancing drug use by Armstrong and his teams or the sanctions.

International Cycling Union president Pat McQuaid has scheduled a Monday news conference in Geneva where he's expected to announce if the sport's governing body will accept or appeal the sanctions to



Lance Armstrong speaks before a charity bike ride on Sunday in Austin, Texas. GETTY IMAGES

the Court of Arbitration for Sport.

"I've been better, but I've also been worse," Armstrong, a cancer survivor, told the crowd.

Armstrong wore a black T-shirt instead of the charity's signature yellow derived from the yellow jerseys given to the winner of the Tour de France.

"Live strong, be safe," Armstrong said before the first riders left the gate.

THE ASSOCIATED PRESS

Laughing his way to the World Series



Detroit slugger Miguel Cabrera during batting practice in New York before Game 1 of the Tigers' ALCS against the Yankees on Oct. 13. ELSA/GETTY IMAGES FILE

MLB. Triple Crown-winner Cabrera keeps it loose ahead of championship clash

The Detroit Tigers were in the middle of a workout for the World Series when comedian George Lopez showed up and began milling around near home plate. Almost instantly, Miguel Cabrera was beside him, laughing it up and looking as excited as he'd been all afternoon.

"He likes to have fun," teammate Quintin Berry said. "He enjoys himself. He loves being here, and he likes the loose environment. I understand him having a lot of fun with George and stuff because that's the same kind of person he is."

Baseball's first Triple Crown winner in 45 years seems to enjoy hitting and joking around in equal proportion. Fans are plenty familiar with Cabrera's talent — his consistently high average and awe-inspiring power — but the rest of the Tigers appreciate him for more than that.

Cabrera may be shy in front of a camera or microphone, but there's a goofy side to the third baseman that helps keep his team upbeat.

Now in the prime of his career at 29, Cabrera's approach remains meticulous, but he's careful not to take himself or his job too seriously.

"Besides the business, it's a game. I think baseball is a very fine game and you have to enjoy it," Cabrera said recently. "You have to go out there and have fun. Don't get me wrong,

Trouble in the rearview

It wasn't long ago that Miguel Cabrera seemed on the verge of wasting his talent.

- At the start of 2011 spring training, he was arrested and he later pleaded no contest to drunk driving.
- GM Dave Dombrowski said Cabrera has worked hard to overcome his off-field problems.
- "I think he's grown in abundance," Dombrowski said. "Just some of the things that when you're a youngster, you need to learn, and the only way you learn is through experience. So we see him in a much more comfortable place — his growth as a family man, his growth on the field as a leader."

you have to be serious at the same time, but I think when you have a team and try to have fun and get loose before the game and between innings, I think it helps you play good. That's the way I've played since I was a kid."

Cabrera and the Tigers open the World Series on Wednesday. It will be his first trip to the Fall Classic since he was a rookie in 2003 and his Florida Marlins beat the New York Yankees. THE ASSOCIATED PRESS



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CFL. Als' Emry says sorry for punch vs. Roughriders

Montreal Alouettes linebacker Shea Emry has apologized on Twitter for punching Saskatchewan Roughriders lineman Brendon Labatte.

Emry was ejected late in the first half of Montreal's victory in Regina on Saturday for what appeared to be a punch below the belt to Labatte after a Roughriders touchdown.

The 26-year-old apologized to fans of both teams as well as to the CFL and commissioner Mark Cohon.

"I apologize to the @cfl @sskroughriders and @MTLAlouettes fans for my actions yesterday," Emry tweeted on Sunday. "It was a mindless act that isn't admirable."

Emry, who had been

Quoted



"That's not the person I am off the field nor is it an (example)

I want to set for youth that are watching me on the field."

A Twitter post from Montreal linebacker Shea Emry after punching Saskatchewan lineman Brendon Labatte in Saturday's game.

named defensive and Canadian player of the week in the previous week, is likely to face further disciplinary action for the incident.

THE CANADIAN PRESS

CFL

Boyd back in Edmonton 10 days after being cut

The Edmonton Eskimos are bringing back Cory Boyd.

The club announced on Sunday that it had re-signed the running back after releasing him on Oct. 11.

The Eskimos say they are bringing Boyd back into the fold because of an injury to fellow running back Hugh Charles.

"We are unsure of Hugh Charles' availability due to the injury he sustained in Friday's game," Eskimos head coach Kavis Reed said in a statement. "As a precaution, we are bringing in Cory who already knows our system."

THE CANADIAN PRESS

NFL

Vilma helps vault Saints to victory

A chipper Jonathan Vilma gave New Orleans' struggling defence an emotional lift, while Drew Brees did the rest for the suddenly resurgent Saints.

Vilma played for the first time while appealing a season-long suspension for his role in the Saints' bounty program Sunday, finishing with a quarterback hit but no tackles in a 35-28 win over the Tampa Bay Buccaneers.

Brees extended his record for consecutive games with at least one TD pass to 49, while leading scoring drives on four straight possessions to turn a 14-point deficit into a 28-21 halftime lead. THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

The odds may have been against you of late, but you refused to give up and you will soon reap the rewards. Today, you should make it a priority to patch things up with people with whom you've fallen out.

Taurus

April 21 - May 21

The Sun's change of sign tomorrow will give you the chance to help other people, but you have got to be realistic and accept that you cannot help everyone. Do what you can when and where the opportunity arises.

Gemini

May 22 - June 21

Start winding things down a little. You have been moving at top speed for quite a while so now you need to balance things out and give both your body and your mind time to recover. They need it.

Cancer

June 22 - July 23

You need to resolve a family issue that has been causing you sleepless nights, and you need to resolve it now. As of tomorrow, you won't find it so easy to talk to loved ones — nor will you have the time.

Leo

July 24 - Aug. 23

No doubt you have a lot to say for yourself — as always — and no doubt it is well worth listening to. But don't hog the conversation today. Let others have their say. You may be surprised how much you learn.

Virgo

Aug. 24 - Sept. 23

You still have time to sort out a problem that has been bugging you but you have got to be quick. If you leave it much longer it will cause you more than just anguish. It will also cost you some serious money.

Libra

Sept. 24 - Oct. 23

It may seem as if time is running out, but there is no point rushing to catch up because you will only make mistakes. What's done is done and cannot be undone. It is time to move on.

Scorpio

Oct. 24 - Nov. 22

One of the most difficult phases of the year is coming to an end and by this time tomorrow, it will feel as if a great weight has been lifted from your shoulders. Maybe it has or maybe it was never really there.

Sagittarius

Nov. 23 - Dec. 21

As usual, you have been taking risks and cutting corners, and you have largely gotten away with it. However, the Sun's change of signs tomorrow means you need to tread carefully from now on.

Capricorn

Dec. 22 - Jan. 20

What seemed like a setback last week will now reveal itself to be a blessing in disguise, so don't feel too upset if you were denied something you desired. And stop worrying what the future will bring. It's all good.

Aquarius

Jan. 21 - Feb. 19

If you define your goals clearly over the next 24 hours, you will be given the chance to realize them before the year comes to an end. Ignore what other people expect of you. Do only what feels right to you.

Pisces

Feb. 20 - March 20

You are coming to the end of a difficult phase, but you have to admit that the lessons it taught you were valuable, maybe priceless. Here's another one: Don't overreact and do anything stupid. **SALLY BROMPTON**

From a Bank to a Failure

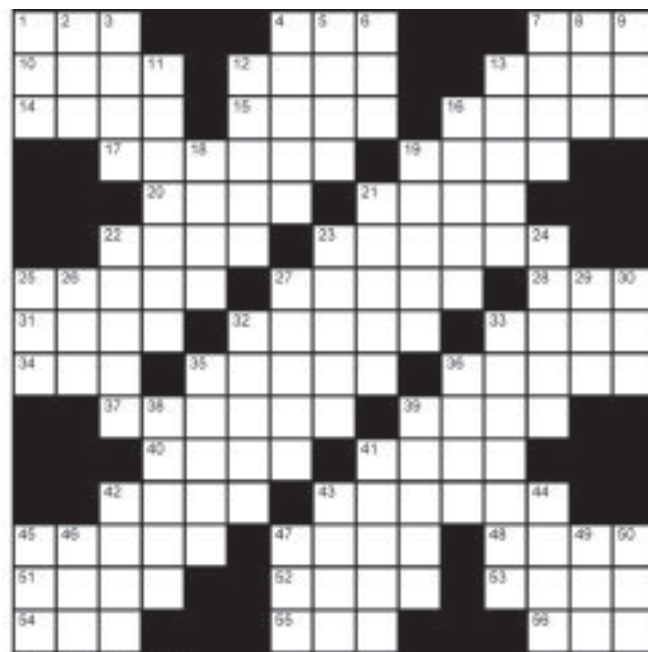
Across

- BMO competitor
- Animal enclosure
- Alta. neighbour
- Of the mouth
- Charity event
- "Arrivederci!"
- Completely naked
- Mounties, in short
- Accompaniment for fajitas
- Conservative Party
- Conflagration
- Pecans and pistachios
- Plant used to make poi
- Impertinent talk
- Canadian or Laurentian
- geological area that covers over half of Canada
- 39.37 inches
- Hiker's trail marker made of stones
- de Cologne
- Like some fine wines or cheeses
- Chess pieces
- Black or yellow dogs, for short
- Canadian name for what is called soda in the US
- Ontario and Great Slave
- Vice ___: in opposite order from that stated
- Divided up
- Low voice
- Aardvark delicacies
- Can of worms, perhaps
- Black and wet
- 1,000 kilogram units
- Black-and-white "bear"
- Vassal
- Peruse

- Quaker ___ cereal
- "___ I care" (I don't care) (2 wds.)
- Belle's boyfriend
- Pete Townshend and Roger Daltrey's group, with "The"
- Yukon's Logan and BC's Robson: abbr.
- Satirical magazine that's been around since the 1950s

Down

- Steal
- Woman's undergarment
- Grocery store vehicle
- Footsteps
- Shade trees
- 40 winks
- World's longest river
- Existed
- "One ___ customer" (2 wds.)
- Montréal singer-poet Cohen best known for "Suzanne"
- 32-Down, familiarly
- Christmas song
- Ambulance alert
- Deceptive manoeuvre
- County exhibitions
- Loses weight, with "down"
- Paces
- Cut, as lumber
- Honeys
- You might go to the CAA for one
- Bigheadedness
- Baked desserts



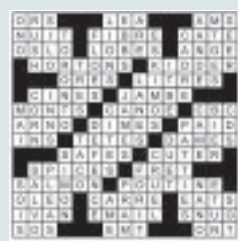
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- Belly muscles, for short
- Can. neighbour
- Liberal ___
- 14th PM Pearson (1963-68) (2 wds.)
- Sri ___, formerly Ceylon
- Like Narcissus
- Poker players hold these
- Many visitors to Calgary come because of its

- proximity to this
- Early Frankenstein's Monster player Karloff
- Fascinated by
- Exam
- Appear
- "Right in the kisser!" precursor
- What a dentist wants you to say
- I Am ___: 2001 Sean Penn movie

- Small battery
- Failure

Friday's Crossword



What's online

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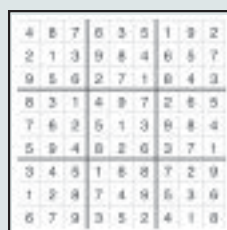


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



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